WHAT IS CLAIMED IS:

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- 1. A breathable fastening system comprising a first breathable mechanical fastener surface and a second large area breathable fastener having at least an area with projections, said fastener having an integral film backing which film backing has a porosity of from 0.0001 to 0.005 cm³, a backing thickness of from 25 to 200 μm, a stiffness of from 10 to 2000 Gurley stiffness units and a projection containing surface area of at least 10 cm².
- 2. The breathable fastening system of claim 1 wherein the backing thickness of the large area fastener is from 50 to 150 microns.
 - 3. The breathable fastening system of claim 1 wherein the fastener has a stiffness of from 10 to 200 Gurley stiffness units.

4. The breathable fastening system of claim 1 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.

- 5. The breathable fastening system of claim 1 wherein the projections are hooks and the hook containing surface area is from 20 to 70 cm².
- 6. The breathable fastening system of claim 1 wherein the projections and hooks and hook density is at least 50 hooks/cm².
- 7. The breathable fastening system of claim 6 wherein the hook density is from 70 to 300 hooks/cm².
 - 8. The breathable fastening system of claim 1 wherein the projections are hooks and the hook density is less than 100 hooks/cm².
 - 9. The breathable fastening system of claim 8 wherein the hook density is less than 50 hooks/cm².

10. An absorbent garment comprising a breathable body engaging portion, the garment having an inner face and a breathable outer face where the outer face has a fibrous surface over at least a portion and attached to a portion of the garment a breathable hook patch engagable with the outer face fibrous surface comprising a breathable hook fastener having a film backing and integral hook elements wherein the backing thickness of the hook fastener is from 25 to 200 µm.

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- 11. An absorbent garment of claim 10 wherein the backing thickness of the hook fastener is from 25 to 200 µm, and the hook containing surface area of the backing is at least 10 cm², the backing has a porosity of from 0.0001 to 0.005 cm³ and a stiffness of from 10 to 2000 Gurley stiffness units.
- 12. An absorbent garment of claim 10 wherein the hook fastener has a stiffness of from 10 to 200 Gurley stiffness units.
 - 13. An absorbent garment of claim 11 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.
- 20 14 An absorbent garment of claim 11 wherein the hook containing surface area is from 20 to 70 cm².
 - 15. An absorbent garment of claim 11 wherein the hook density is at least 50 hooks/cm².
 - 16. An absorbent garment of claim 11 wherein the hook density is from 70 to 300 hooks/cm².
- 17. An absorbent garment of claim 10 wherein the hook density is less than 100 hooks/cm².

- 18. An absorbent garment of claim 10 wherein the hook density is less than 50 hooks/cm².
- 19. A self-engaging wrap having a first face and a second face, the wrap comprising a breathable fibrous loop engagable to a breathable hook fastener comprising a breathable body engaging portion, the wrap having an inner face and an outer face where the outer face has a fibrous surface over at least a portion of the outer face and attached to a portion of the wrap a breathable hook fastener engagable with the outer face fibrous surface the breathable hook fastener having a film backing and integral hook elements wherein the backing thickness of the hook fastener is from 25 to 200 µm.

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- 20. The self-engaging wrap of claim 19 wherein the backing thickness of the hook fastener is from 25 to 200 μ m and the hook containing surface area of the backing is at least 10 cm² and the backing has a porosity of from 0.0001 to 0.005 cm³ and a stiffness of from 10 to 2000 Gurley stiffness units.
- 21. The self-engaging wrap of claim 19 wherein the hook fastener has a stiffness of from 10 to 200 Gurley stiffness units.
- 22. The self-engaging wrap of claim 19 wherein the backing thickness is from 50 to 150 microns and the stiffness is from 10 to 200 Gurley stiffness units.
 - 23. The self-engaging wrap of claim 19 wherein the hook density is at least 50 hooks/cm².
 - 24. The self-engaging wrap of claim 19 wherein the hook density is from 70 to 300 hooks/cm².
- 25. The self-engaging wrap of claim 19 wherein the hook density is less than 100 hooks/cm².

26. The self-engaging wrap of claim 19 wherein the hook density is less than 50 hooks/cm².